

**EVERY DAY,  
THIS YEAR 2024 LET US . . .**

Promise ourselves to be so strong that nothing can disturb our peace of mind,  
To wish good health, happiness, and prosperity to every person we meet,  
To make all our friends feel that there is something in them,  
To look at the sunny side of everything and make our optimism come true,  
To think only of the best, to work only for the best, and respect only the best,  
To be just as enthusiastic about the success of others as we are about ours,  
To forget the mistakes of the past and press on to the greater achievement of the future,  
To wear a cheerful countenance at all times and give every living creature we meet - a smile,  
To give so much time to the improvement of the self that we have no time to criticise others,  
To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble

**AND ABOVE ALL**

What we desire for ourselves,  
to desire for others too,  
What we do not desire for ourselves,  
to not to desire for others too  
..... THIS IS THE ESSENCE OF JAIN DHARMA



**JAIN CALENDAR 2024**

**VIR SAMVAT 2550 - VIKRAM 2080**



AATHAM   CHAUDAS   PANCHAM   BIJ   AGIYARAS	Jain Festivals	Auspicious Day
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MAGSAR - JANUARY 2024 - POSH						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Vad Pancham	2 Vad Chhath	3 Vad Satam	4 Vad Aatham	5 Vad Nom	6 Vad Dasam	7 Vad Agiyaras
8 Vad Baras	9 Vad Teras	10 Vad Chaudas	11 Vad Amas	12 Sud Ekam	13 Sud Bij	14 Sud Trij   Choth
15 Sud Pancham	16 Sud Chhath	17 Sud Satam	18 Sud Aatham	19 Sud Nom	20 Sud Dasam	21 Sud Agiyaras
22 Sud Baras	23 Sud Teras	24 Sud Chaudas	25 Sud Poonam	26 Vad Ekam	27 Vad Bij	28 Vad Trij
29 Vad Choth	30 Vad Choth	31 Vad Pancham	MAGSAR: 1 TO 11 JAN POSH: 12 TO 31 JAN			



namo arihantanam.  
namo siddhanam.  
namo ayariyanam.  
namo uvajjhayanam.  
namo loe savva-sahunam.  
eso panca-namukkaro,  
savva-pava-ppanasano;  
mangalanam ca savvesim,  
padhamam havai mangalam

**AUSPICIOUS DAY - KALYANAKS**

- Date : 06 - Parshvanath Janma Kalyanak
- Date : 07 - Parshvanath Diksha Kalyanak
- Date : 08 - Chandraprabhu Janma Kalyanak
- Date : 09 - Chandraprabhu Diksha Kalyanak
- Date : 10 - Shitalnath Kevalgnan Kalyanak
- Date : 16 - Vimalnath Kevalgnan Kalyanak
- Date : 19 - Shantinath Kevalgnan Kalyanak
- Date : 21 - Ajitnath Kevalgnan Kalyanak
- Date : 24 - Abhinandanaswami Kevalgnan Kalyanak
- Date : 25 - Dharmanath Kevalgnan Kalyanak

**JAIN FESTIVAL**

- Date : 05 to 07 - Posh Dashami Aradhana
- Date : 10 - Pakhi Pratikraman
- Date : 24 - Pakhi Pratikraman
- Date : 25 - Poonam (Bhav Siddhachal Yatra)

**AVOID GREEN & ROOT VEGETABLES**

Date : 1 | 4 | 7 | 10 | 13 | 15 | 18 | 21 | 24 | 27 | 31

**AVOID ROOT VEGETABLES**

Date : 5 | 6 | 8 | 9 | 16 | 19 | 25



**OTHER SIGNIFICANT DAYS**

- January 2024
- Veganuary - Celebration of Vegan Lifestyle
- Date : 01 - New Year's Day
- Date : 04 - World Braille Day
- Date : 15 - Martin Luther King Jr Day
- Date : 21 - World Religion Day
- Date: 22 to 28 - Cervical Cancer Prevention Week
- Date : 27 - Holocaust Memorial Day

**BY KISHOR B SHAH**